



Coming in January!

Vitality is a comprehensive, interactive and personalized wellness program that makes it easy for you to make healthy choices.

Vitality's individual-focused approach considers your current overall health, lifestyle and health risk factors. Choose from, engage in and be rewarded for a wide variety of healthy activities – online education, physical activity, preventive care and more. Here's how the program works:



VITALITY POINTS

Vitality rewards your efforts to improve or maintain a healthy lifestyle. When you engage in health-related activities that we can track and measure, you will earn Vitality Points. There are many points-earning activities – engage in as many as you can!



VITALITY STATUS

Vitality Status is a great way to track your progress and stay motivated. It's simple: As you earn more Vitality Points, you raise your Vitality Status. You'll begin at Bronze Vitality Status, but as you accrue Vitality Points, you'll go from Bronze to Silver to Gold to Platinum.



REWARDS

In addition to increasing your Vitality Status with Vitality Points, you may also use those same points to reward yourself. Every Vitality Point you earn equates to one Vitality Buck, and when you increase your status, Vitality rewards you with Vitality Bonus Bucks!



CONFIDENTIALITY

Now that you know the basics of the Vitality program, you're ready to begin and reap the benefits of healthier living. Please be assured that our members' privacy is a top priority at Vitality. We never share your personal health information with your employer or anyone else.

You make choices every day. Vitality makes it easier to make the healthy ones.

